

Claims

- [c1] *Dep #1* A method for not contributing to an elevated glycemic index after consumption of a food product, wherein said method consists of:
- (a) forming a food product comprising an amount of grain, wherein between 50% and 90% by weight of said food product used to form the product is a Prowashonupana barley flour constituent, whereby said food product is formed by extruding and cooking said grain at a temperature high enough to cook said grain; and,
 - (b) consuming such food product.
- [c2] The method of Claim 1, wherein said Prowashonupana barley constituent comprises between 80% and 90% by weight of said food product.
- [c3] The method of Claim 1, wherein said food product comprises at least 50% of all food product consumed during a sitting.
- [c4] The method of Claim 1, wherein said method lowers RAG by at least 5%.
- [c5] The method of Claim 1, wherein a secondary grain is mixed with said Prowashonupana barley, whereby said secondary grain is selected from the group consisting of corn, wheat, barley, high amylose corn starch, potato, and soy.
- [c6] A method for using Prowashonupana barley, whereby said method comprises:
- (a) obtaining an amount of Prowashonupana barley and mixing said barley with grain constituents; and,
 - (b) extruding and cooking said barley and grain constituent mixture at a temperature high enough to cook said mixture to form a ready-to-eat food product, which does not contribute to an elevated glycemic index.
- [c7] The method of Claim 6, wherein said Prowashonupana barley constituent comprises between 80% and 90% by weight of said food product.
- [c8] A method of using a Prowashonupana barley constituent to produce a food product having a lower glycemic index, whereby said method comprises substituting said Prowashonupana barley constituent for flour used to form said

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food product, with said Prowashonupana substituted in an amount equal to at least 50% by weight of said food product and extruding said food product at temperatures high enough to cook said food product.

- [c9] The method of Claim 1, wherein said extrusion takes place at temperatures between about 66 ° C to about 120 ° C.
- [c10] The method of Claim 6, wherein said extrusion takes place at temperatures between about 66 ° C to about 120 ° C.
- [c11] The method of Claim 8, wherein said extrusion takes place at temperatures between about 66 ° C to about 120 ° C.

METHOD AND COMPOSITION RELATED TO LOW GLYCEMIC INDEX FOODS

Abstract of Disclosure

The present invention relates to a method for using Prowashonupana barley to produce a food product comprised primarily of the Prowashonupana barley. The resultant food product is desired because, when consumed, it does not contribute to significantly elevated glycemic indices in a host, as indicated by the rapidly available glucose (RAG) assay.

Figures